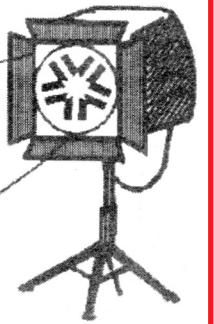


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXIV, ISSUE 6

A newsletter for D.C. Seniors

June 2013



EXECUTIVE DIRECTOR'S MESSAGE

By John M. Thompson,
Ph.D., FAAMA

Last month, during Older American's Month, the District of Columbia Office on Aging (DCOA) hosted Mayor Gray's "Second Annual Senior Symposium: An Age-Friendly City" at the Omni Shoreham Hotel.

The World Health Organization (WHO) defines an Age-Friendly City as an inclusive and accessible environment that encourages active and healthy living for all residents by making improvements focused on eight domains of city life affecting the health and well-being of older people.

These domains include: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. In addition to WHO's eight domains, DCOA has added two domains: emergency preparedness and adult abuse, neglect and exploitation.

The symposium drew nearly 600 seniors, caregivers, healthcare and social services providers, and top District of Columbia government officials. Mayor Vincent C. Gray delivered a rousing speech about his expectation for transforming Washington, D.C. into an age-friendly city and identified age-friendly D.C. efforts that are currently underway.

The Mayor announced the District's first-ever Silver Alert Program, which is similar to the Amber Alert System for alerting the public about missing children. Silver Alert establishes in the District a coordinated effort between the Metropolitan Police Department, Homeland Security and Emergency Management Agency, Department of Transportation and DCOA to quickly inform the public of missing seniors and to mobilize resources to locate them.

Statistics show that as people age, some will have Alzheimer's disease and other forms of dementia. Unfortunately, seniors with dementia are

prone to wander from their homes. The District's Silver Alert System will actively address this issue and return more missing seniors to their homes safely.

Additionally, Mayor Gray discussed the District's Nursing Home Discharge Program, which also aligns with an age-friendly city. The purpose of this person-centered program is to identify and transition willing and able nursing home residents back into the community from nursing homes.

Through this program, the DCOA transition care coordinators will work closely with the identified nursing home residents during their transition and will ensure that the appropriate home and community-based services are available to ensure their success in a non-institutional setting.

The Mayor's speech was followed by the morning plenary, facilitated by Dr. Ruth Finkelstein, senior vice president for policy and planning at the New York Academy of Medicine. Dr. Finkelstein led symposium attendees in a live survey to assess the District's readiness to become an age-friendly city. Preliminary findings show that 88 percent of survey participants agree that the District has dependable public transportation.

However, an area for improvement through the age-friendly transformation is to ensure that all seniors, especially those with very limited income, have access to reliable transportation to medical appointments and other destinations to help them to remain an active part of society.

One interesting statistic from the survey is that 18 percent of participants feel that they are treated like they are less capable or important because of their age when frequenting stores, restaurants and banks. As we transform Washington, D.C. into an age-friendly city through enhanced

See EXECUTIVE DIRECTOR, page 25



The Ms. Senior D.C. Pageant 2013 will be held on June 23 at the University of the District of Columbia, Building 46, 4200 Connecticut Avenue, NW. District women age 60 and older will compete for the opportunity to represent their peers across the city and at the Ms. Senior America Pageant. The contestants will be judged on a personal interview with the judges panel, their philosophy of life, talent and evening gown competition. For information or tickets, contact a member of the D.C. Seniors Cameo Club or Daisy Savage at 202-829-0423.



More than 500 seniors, caregivers, stakeholders and others attended the Mayor's Second Annual Senior Symposium. During the plenary session, Dr. Ruth Finkelstein moderated an interactive session that asked questions of participants. Participants used handheld devices to answer questions, and seconds later a compilation of the answers was displayed on large screens. The New York Academy of Medicine will compile a report and provide it to the office.



As part of Global Youth Service Day, representatives of City Year Washington, D.C. and second graders from Simon Elementary School assisted seniors at Congress Heights Senior Wellness Center with the "Congress Heights Youth and Senior Garden." The group built the flower boxes and planted flowers and vegetables on the grounds of the wellness center. Groundwork Executive Director Dennis L. Chestnut assisted with the project and provided in-kind labor. Supplies were donated by Community Forklift, Home Depot on Rhode Island Avenue NE and Frager's Hardware on Pennsylvania Avenue.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Beware of Calls About Unsolicited Loans

The D.C. Metropolitan Police Department (MPD) has made the Office on Aging aware of calls being made to District residents that begin with “your loan has been approved.”

Seniors who have not applied for loans are receiving calls stating that their loans have been approved. There have been no recent complaints of any fraud taking place; however, residents should be very careful.

The Department of Insurance, Securities and Banking (DISB) advises residents not to respond to telemarketers who contact them with unsolicited loan approvals. Offers of pre-approved loans may or may not be fraudulent. Consumers should do their own due diligence before accepting any loan offers. DISB is available to verify if lenders are licensed to do business in the District of Columbia.

Telemarketers are trained to be very persistent, especially with older persons on the phone. If you feel uncomfortable, you can just reply, “Thank you for your offer, but I must decline. Goodbye.” Another response could be to just hang up the phone without any regrets.

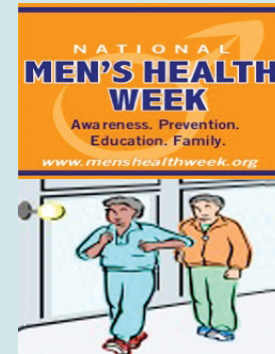


If you suspect you are a victim of fraud, call the MPD Financial Crimes and Fraud Unit at 202-727-4159 or send an email to mpd.fraud-unit@dc.gov.

To verify lenders that are licensed in the District of Columbia, contact DISB at 202-727-8000.

For more information, you may also contact our Information and Assistance Unit at 202-724-5626.

NATIONAL MEN'S HEALTH WEEK



National Men's Health Week is celebrated each year as the week leading up to and including Father's Day, **June 9-16, 2013**

Goal of Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Recognizing and preventing men's health problems is not just a man's issue.

Encourage a senior male friend or relative to visit one or more of our senior wellness centers:

Bernice Fonteneau
Senior Wellness Center
(202) 727-0338
3531 Georgia Avenue, NW

Congress Heights
Senior Wellness Center
(202) 563-7225
3500 Martin Luther King Jr. Ave, SE

Hattie Holmes
Senior Wellness Center
(202) 291-6170
324 Kennedy Street, NW

Model Cities
Senior Wellness Center
(202) 635-1900
1901 Evaris Street, NE

Washington
Seniors Wellness Center
(202) 581-9355
3001 Alabama Avenue, SE

Hayes
Senior Wellness Center
(202) 727-0357
500 K Street, NE

District Senior Wins National Contest

Senior citizens in the District of Columbia and nationwide celebrated National Senior Health and Fitness Day during Older Americans Month under the theme: “Think Healthy, Eat Healthy, Act Healthy...Be Healthy!”

This year's theme was among 1,000 entries submitted by older adults across the country. The Mature Market Resource Center solicited the entries, and the winning theme was submitted by a local resident.

Contest winner and Ward 1 resident Clarence “Buddy” Moore was presented with a plaque, a \$250 cash prize and a t-shirt bearing the winning theme. Because Moore lives this motto daily, he didn't have to think twice when he wrote it down and submitted the entry.

Moore, 75, is an active participant of the Bernice Fonteneau Senior Wellness Center, where he chairs the Outreach Committee, is coordinator of the Memoir Writing Workshops, and is a member of the walking club and the bowling and bas-



ketball teams. Mr. Moore is also very active as a volunteer with the ALS (Lou Gehrig's Disease) Association. Congratulations, Buddy!

Executive director

From page 24

programs and services, we will also work to transform perspectives about seniors in the business community. As I know, seniors are filled with wisdom and have so much to offer society, and we should take the time to capitalize on their abilities.

If you did not attend this year's symposium, I hope that you can join me for the Mayor's Third Senior Symposium, which will be held in May 2014. In the interim, I ask that you share your perspectives on how the District can transform into an age-friendly city for all seniors

and everyone living and visiting our great city.

We will be scheduling community stakeholder meetings across the District to listen to your ideas and perspectives as we begin strategic planning to transform the District into an age-friendly city. Please stay tuned for more information on the times and locations of these meetings.

If you are on Twitter, please follow us on @dcagingnews and @drjohnmthompson to stay current on upcoming Age-Friendly DC and other DCOA activities in your neighborhood. If you are not on Twitter, feel free to visit our website at www.dcoa.dc.gov or call us at 202-724-5626 for more information.



New Office on Aging Programs and Services

CALL-IN TALK LINE - Fills the companionship need of seniors living in isolation and loneliness. During normal business hours, seniors can call into the office and talk with caring individuals who are willing to listen and provide friendship.

Commodity Supplemental Food Program (CSFP) - Provides free nutritious food to low-income pregnant, postpartum, and lactating women; children ages 1 through 5 years; and residents 60 years and older. CSFP also provides nutrition education to assist participants to improve their health through better nutrition.

DCOA Ambassador Program - An initiative to train community residents about the programs and services offered by the D.C. Office on Aging and its Senior Service Network. The ambassadors serve as points of contacts for distributing information about the programs and services available to seniors, persons living with disabilities and caregivers in their wards and communities.

Emergency Responders Program - In partnership with the Department of Health, the D.C. Office on Aging will train 100 volunteers as first responders. In case of an emergency or disaster, the first responders will assist local government responders in emergency preparedness, response and recovery, first aid and CPR, special issues dealing with seniors and persons living with disabilities. These trained certified volunteers will assist the Office on Aging and the city in their response to emergency situations.

Grade DC - This pilot program enables District residents to submit comments about DCOA and view how others graded the agency. The goal is to help residents better engage with their government, promote government transparency and assist government agencies in improving the quality of their services and customer service.

Senior Farmers Market Nutrition Program (SFMNP) - Provides fresh fruits and vegetables seasonally (May -November) to senior citizens of the District of Columbia who are eligible for and participate in the CSFP.

Senior Home Repair Program - The D.C. Office on Aging has partnered with YouthBuild Public Charter Schools to provide District seniors with free labor for small home repair, home improvements or painting projects.

500 K Street, NE, Washington, D.C. 20002 • (202) 724-5626 • dcoa.dc.gov

Community Calendar

June events

13th • 10 a.m. to 2 p.m.

The Department of Parks and Recreation and the Office on Aging will host the Annual Senior Picnic at Oxon Run Park, 900 Valley Ave., SE. Enjoy live entertainment, music, dancing and lunch under the tent. Demonstration bingo, information and resource exhibits, and health screenings will also be available. For reservations, contact your senior center or recreation site manager, or call 202-724-5626.

14th • 11:30 a.m.

Learn about signs of stroke in men at a seminar at the Ft. Lincoln 1 Senior Nutrition Site, 2855 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

14th • 11:30 a.m.

MedStar will teach participants about heart health at a seminar at the Edgewood Terrace Sen-

ior Nutrition Site, 635 Edgewood St. NE. For more information, call Vivian Grayton at 202-529-8701.

15th • 10 a.m. to 2 p.m.

The Advocates for Elder Justice, Hilda and Charles Mason Charitable Foundation, Inc., presents a symposium on elder abuse and exploitation at Living Word Church, 4101 Martin Luther King, Jr. Ave. SW. Topics include seldom-recognized signs of abuse, reporting requirements, medical, legal and social services resources, respite services, abuse and exploitation prevention. For more information, call 202-723-2939 or visit www.advocatesforelderjustice.org.

23rd • 2:30 p.m.

The Ms. Senior D.C. Pageant 2013 will take place at the University of the District of Columbia, 4200 Connecticut Ave. NW, Building 46. Witness the selection of Ms. Senior D.C. 2013 as women age 60 and older compete for the title. Tickets are \$25. For tickets and information, call

Daisy Savage at 202-829-0423 or 202-289-1510, x1171.

25th & 26th • 12:30 to 4:30 p.m.

Learn proven safety strategies to maintain your confidence behind the wheel with the AARP Driver Safety Course. Those who complete the class may qualify for a discount on their auto insurance premium (check with your insurance agent for details). The 8-hour course is held over two consecutive days, from 12:30 p.m. to 4:30 p.m. Cost is \$12 for AARP members; \$14 for non-members. Register by calling 202-291-6170. It will be held at the Hattie Holmes Senior Center, 324 Kennedy St. NW.

26th • 10 a.m. to 2 p.m.

Spend the day sailing on the Potomac on the Spirit of Washington for the Dept. of Parks and Recreation Senior Boat Ride. Enjoy entertainment, dancing, music and fun with friends. Tickets are \$40 on a first-come, first-served basis. Contact Jennifer Hamilton at 202-664-7153 to reserve your ticket today.

Funds Available to Operate Senior Transportation Program

DCOA has reissued the Request for Applications (RFA) for the Washington Elderly Handicapped Transportation Service (WEHTS). WEHTS provides quality curb-to-curb service for District residents 60 years of age and older to essential medical and life sustaining appointments.

Operations also include transportation to sites and activities, the Call-N-Ride taxicab voucher program, and the Home Delivered Meal (HDM) Program. Federal and District of Columbia

appropriated funds are available for a single or collaborative applicant organization to operate one or up to four transportation services.

The RFA is available on the Office on Aging's website, www.dcoa.dc.gov and on the Office of Partnerships and Grant Services' website, www.opgd.dc.gov. **The RFA submission**



deadline is June 10, 2013 at 4:30 pm. No late applications will be accepted. For more information, contact Aurora Delespin-Jones or Brenda L. Turner at 202-724-8821.

New Nursing Home Transition Team

Have you or a loved one been admitted prematurely into a nursing home or long-term care facility?

Are you interested in returning to the community?

If the answer to these questions is yes, contact the DCOA Nursing Home Transition Team. The team will begin the process of determining if residing in the community is the best option for you.

For more information, call Mikael Briscoe at 202-724-5626.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Office on Aging or by the publisher.

500 K St., N.E.,
Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov

John M. Thompson, Ph.D., FAAMA

Executive Director

Darlene Nowlin

Editor

Selma Dillard

Photographer

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, nation-

al origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

Senior Villages RFA Online

The Office on Aging is soliciting applications from qualified applicants to plan, develop, organize, implement and sustain "Aging in Place" programs for Wards 7 & 8 in the District. The programs should enable District residents 60 years and older residing in a specific neighborhood to enjoy safer, healthier and more independent lives in their own homes.

Senior villages assist seniors living in neighborhoods by partnering with and connecting them to needed resources and service providers. As a non-profit membership organization, the village can provide a variety of programs and services more cost-effectively than most conventional retirement communities are able to provide.

The RFA deadline for submission is June 7, 2013 at 4:30 p.m.

To view the RFA and for more information, visit www.dcoa.dc.gov or www.opgd.dc.gov.